

## “5 A Day”

“5 A Day” is a national nutrition message that encourages people to eat at least five to nine servings of colorful fruits and vegetables daily for better health. Fruits and vegetables are packed with essential vitamins, minerals, fiber, and disease-fighting phytochemicals. [Click here](#) to learn more about how “5 A Day” works and why it is so important to your diet.

The following handouts are pdf's and can be opened and printed if you have Acrobat Reader. [Click here](#) if you do not have Acrobat Reader. The handouts are listed by subject.

### Nutrition & 5 A Day For Children

- [5 A Day Kids Activity Sheet 1-5](#) including recipes & games on bananas, celery, and pineapple
- [5 A Day Kids Activity Sheet 6- 10](#) including recipes & games on trail mix, veggie pizza, spaghetti squash, kiwi and oranges.
- [5 A Day Kids Activity Sheet 11-15](#) including recipes & games on peanuts, cherries, asparagus, artichokes and carrots.
- [5 A Day Kids Activity Sheet 16-20](#) including recipes & games on watermelon, strawberries, avocado, and peaches.

### Nutrition and 5 A Day For Teachers

- [5 A Day Puppet Show](#)
- [5 A Day Resources](#)
- [5 A Day with C and A](#)
- [Color Your Plate](#) keep track of the fruits and vegetables you eat
- [Get to Know You Bingo](#)
- [Language Lesson Plan](#)
- [Math Lesson Plan](#)
- Middle School 5 A Day lessons (lessons cover nutrition, science, math, and writing composition)
  - [Lesson 1](#) (Materials and handouts for lesson 1: [Fruit and Vegetable Information Sheet](#), [Fruit & Vegetables I Have Eaten Worksheet](#))
  - [Lesson 2](#) (Materials and handouts for lesson 2: [Food Choices in a Typical Day](#), [Serving Sizes overhead](#), [Two Day Food Intake](#))
  - [Lessons 3 & 4](#) (Materials and handouts for lesson 3: [Pizza Cartoon overhead](#), [Dr. Root letter A](#), [letter B](#), [letter C](#), [letter D](#)) and (Materials and handouts for lesson 4: [Fruit and Vegetable Information Sheet](#))
- [Report Topics](#)
- [Rhyming Riddles](#)
- [Vitamins A & C](#)
- [Where Do They \(fruits and vegetables\) Grow?](#)
- [Word Search](#)

## “5 A Day” Grocery Store Tours

“5 A Day” Grocery Store Tours are offered to third graders throughout Utah. Students tour local grocery stores to learn about fruits and vegetables and why it is important to get their “5 A Day.” Students will learn how eating five to nine fruits and vegetables a day can help them build a healthy body. They will also get to sample various fruits and vegetables to learn how great they taste. Teachers receive nutrition, “5 A Day,” and physical activity information, along with lesson plans and activities for the students after they have completed the tours.



To schedule a “5 A Day” tour for your third grade class, contact your local health department beginning in October of each school year. [Click here](#) to find out whom to contact in your area.

## “5 A Day” Recipes

[Click here](#) to try some of this season’s healthy-minded recipes recommended by our dietitian. Also check out our [“5 A Day Cookbook”](#) filled with unique, kid-created, kid-friendly recipes from our annual “5 A Day” Recipe Contest. Look out each Fall for the chance for your students to submit their recipes for the contest.

## “5 A Day Goes to School” Newsletters

[Fall 2005](#)  
[Spring 2006](#)

## Teach ‘em “5 A Day”

The “5 A Day” Toolkit is activity-driven curriculum designed to provide you with creative ways to teach students about the importance of eating fruits and vegetables. One activity is not dependent on the others, so you can select as many activities as you want to meet your curriculum requirements and to reach your learning objectives.

To order *Teach ‘em 5 A Day*, the 5 A Day Toolkit, call 801-538-6240.

